



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Use Heart Monitors and pedometers

### Contact Information

<b>Main Contact Person</b>
Ron Hanson
<b>Title of Main Contact</b>
Physical Education Teacher
<b>School Name</b>
Horizons School
<b>School District Name</b>
Appleton Area School District
<b>Contact Phone Number</b>
920 832 4600
<b>Contact Email Address</b>
ne14rd@aol.com

### Program Information

<b>Program Name</b>
Use Heart Monitors and pedometers
<b>Program Category</b>
Creative or innovative assessment techniques
<b>Grade Level</b>
6-8; 3-5
<b>Assessment Method</b>
Impact on bahavior (increase in active minutes or miles walked)

### Program Information

#### Products Developed or Materials Used:

#### Program Description:

Activites are monitored to achieve greater movement or measure time in aerobic zone.

For information on other **Physical Education Best Practices**, visit the website at:  
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:  
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: [Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)  
[Morgajg@dhfs.state.wi.us](mailto:Morgajg@dhfs.state.wi.us) (Jon Morgan, Physical Activity Coordinator)  
[Pesikme@dhfs.state.wi.us](mailto:Pesikme@dhfs.state.wi.us) (Marv Pesik, Program and Grant Coordinator)